

WHAT IS CLAIMED

1. A nut spread having a protein to fat ratio of greater than about 0.68:1.
- 5 2. The nut spread of Claim 1, having a protein to fat ratio of greater than about 1:1.
3. The nut spread of Claim 2, having a protein to fat ratio of greater than about 2:1.
4. A nut spread having a fiber to fat ratio of greater than about 0.18:1.
- 10 5. The nut spread of Claim 4, having a fiber to fat ratio of greater than about 0.5:1.
6. The nut spread of Claim 5, having a fiber to fat ratio of greater than about 1:1.
- 15 7. The nut spread of Claim 6, having a fiber to fat ratio of greater than about 1.5:1.
8. A nut spread having a protein to fat ratio of greater than about 0.68:1 and a fiber to fat ratio of greater than about 0.18:1.
- 20 9. The nut spread of Claim 8, having a protein to fat ratio of greater than about 1:1.
10. The nut spread of Claim 9, having a fiber to fat ratio of greater than about 0.5:1.
11. The nut spread of Claim 1, comprising from about 5% to about 20% fiber.
- 25 12. The nut spread of Claim 4, comprising from about 5% to about 20% fiber.
13. The nut spread of Claim 8, comprising from about 5% to about 20% fiber.
- 30 14. The nut spread of Claim 1, comprising less than about 20% fat.
15. The nut spread of Claim 4, comprising less than about 20% fat.
16. The nut spread of Claim 8, comprising less than about 20% fat.
- 35 17. The nut spread of Claim 10, comprising less than about 20% fat.

18. The nut spread of Claim 11, comprising less than about 20% fat.
19. The nut spread of Claim 1, comprising greater than about 15% protein.
- 5 20. The nut spread of Claim 19, comprising from about 18% to about 35% protein.
21. The nut spread of Claim 4, comprising greater than about 15% protein.
22. The nut spread of Claim 21, comprising from about 18% to about 35% protein.
- 10 23. The nut spread of Claim 8, comprising greater than about 15% protein.
24. The nut spread of Claim 23, comprising from about 18% to about 35% protein.
- 15 25. The nut spread of Claim 11, comprising greater than about 15 protein.
26. The nut spread of Claim 25, comprising from about 18% to about 35% protein.
27. The nut spread of Claim 14, comprising greater than about 15% protein.
- 20 28. The nut spread of Claim 27, comprising from about 18% to about 35% protein.
29. The nut spread of Claim 18, comprising greater than about 15% protein.
- 25 30. The nut spread of Claim 29, comprising from about 18% to about 35% protein.
31. A nut spread comprising greater than about 15% protein, wherein at least about 75% of the protein is from nut solids.
- 30 32. The nut spread of Claim 31, comprising from about 18% to about 35% protein.
33. The nut spread of Claim 1, having a mono-modal particle size distribution with a D_{50} of less than 15 microns and a D_{90} of less than 35 microns.
- 35 34. The nut spread of Claim 33, having a mono-modal particle size distribution with a D_{50} of less than 10 microns and a D_{90} of less than 25 microns.

35. The nut spread of Claim 4, having a mono-modal particle size distribution with a D_{50} of less than 15 microns and a D_{90} of less than 35 microns.

5 36. The nut spread of Claim 35, having a mono-modal particle size distribution with a D_{50} of less than 10 microns and a D_{90} of less than 25 microns.

37. The nut spread of Claim 8, having a mono-modal particle size distribution with a D_{50} of less than 15 microns and a D_{90} of less than 35 microns.

10 38. The nut spread of Claim 37, having a mono-modal particle size distribution with a D_{50} of less than 10 microns and a D_{90} of less than 25 microns.

15 39. The nut spread of Claim 11, having a mono-modal particle size distribution with a D_{50} of less than 15 microns and a D_{90} of less than 35 microns.

40. The nut spread of Claim 39, having a mono-modal particle size distribution with a D_{50} of less than 10 microns and a D_{90} of less than 25 microns.

20 41. The nut spread of Claim 14, having a mono-modal particle size distribution with a D_{50} of less than 15 microns and a D_{90} of less than 35 microns.

42. The nut spread of Claim 41, having a mono-modal particle size distribution with a D_{50} of less than 10 microns and a D_{90} of less than 25 microns.

25 43. The nut spread of Claim 18, having a mono-modal particle size distribution with a D_{50} of less than 15 microns and a D_{90} of less than 35 microns.

44. The nut spread of Claim 43, having a mono-modal particle size distribution with a D_{50} of less than 10 microns and a D_{90} of less than 25 microns.

30 45. The nut spread of Claim 19, having a mono-modal particle size distribution with a D_{50} of less than 15 microns and a D_{90} of less than 35 microns.

46. The nut spread of Claim 45, having a mono-modal particle size distribution with a D_{50} of less than 10 microns and a D_{90} of less than 25 microns.

47. The nut spread of Claim 31, having a mono-modal particle size distribution with a D_{50} of less than 15 microns and a D_{90} of less than 35 microns.

5 48. The nut spread of Claim 47, having a mono-modal particle size distribution with a D_{50} of less than 10 microns and a D_{90} of less than 25 microns.

49. The nut spread of Claim 1, having about 400 calories or less per 32 gram serving.

10 50. The nut spread of Claim 49, having from about 250 calories to about 400 calories per 32 gram serving.

51. The nut spread of Claim 49, having a fiber to fat ratio of greater than about 0.18:1.

15 52. The nut spread of Claim 50, having a fiber to fat ratio of greater than about 0.18:1.

53. The nut spread of Claim 51, comprising less than about 20% fat.

54. The nut spread of Claim 52, comprising less than about 20% fat.

20 55. The nut spread of Claim 53, comprising from about 5% to about 20% fiber.

56. The nut spread of Claim 54, comprising from about 5% to about 20% fiber.

25 57. The nut spread of Claim 55, comprising greater than about 15% protein.

58. The nut spread of Claim 56, comprising greater than about 15% protein.

59. The nut spread of Claim 57, wherein at least about 75% of the protein is from nut solids.

30 60. The nut spread of Claim 58, wherein at least about 75% of the protein is from nut solids.

61. The nut spread of Claim 59, having a mono-modal particle size distribution with a D_{50} of less than 15 microns and a D_{90} of less than 35 microns.

62. The nut spread of Claim 60, having a mono-modal particle size distribution with a D_{50} of less than 15 microns and a D_{90} of less than 35 microns.
- 5 63. The nut spread of Claim 61, having a mono-modal particle size distribution with a D_{50} of less than 10 microns and a D_{90} of less than 25 microns.
64. The nut spread of Claim 62, having a mono-modal particle size distribution with a D_{50} of less than 10 microns and a D_{90} of less than 25 microns.

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